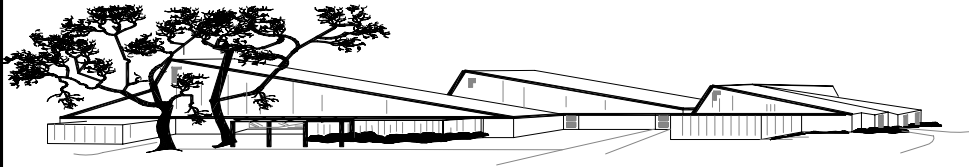


September 2004



MARGARET SCHWEINHAUT SENIOR CENTER
1000 FOREST GLEN ROAD, SILVER SPRING, MARYLAND 20901
PHONE: 301-681-1255

Center Hours: Monday – Friday 9:00 a.m. – 4:00 p.m.
Saturday, 10:00 a.m. – 3:00 p.m.

www.schweinhaut-seniors.org

FOREST GLEN ANGLES

Let Us Entertain You - Friday's at 1:00

September 10, "I Got Some News For Them"

September 17, Amazing Amy!

September 24, Sing, Sing, Swing! Chorale

A More Healthy Memory

"Hafta Go!": Overactive Bladder - Tuesday, September 7, 10:30

Washington Adventist Screening - Wednesday, Sept. 8, 9:00 - 10:30

Choosing Proper Footwear - Tuesday, September 14, 10:30

Strategies for Independent Living - Wednesday, September 15, 10:30

Healthy Aging - Tuesday, September 21, 10:30

Assisted Technology - Wednesday, September 29, 10:30

Tips, Tricks, and Truths for Senior Dental Health - Thurs., Sept. 30, 11:00

New Course Offerings

Weight Training for Men- Mondays at 9:00 starting Sept. 13

Help for Your Hearing- Mondays, Sept. 20-Oct. 25 to 1:30-3:30

American Anthropology Studies- 2nd Fridays starting in October 8

Edward Jones Financial Workshop- Fridays, 6-weeks starting October 15

The Center will be closed for Labor Day on Monday, September 6, 2004.

SPECIAL SEPTEMBER 2004 PROGRAMS/EVENTS

(Seminars are not endorsed by the Montgomery County Department of Recreation; they are provided solely for the information and convenience of Center participants.)

Movie Special: "Huckleberry Finn" - Thursday, September 2, 12:45 p.m.

Enjoy Mark Twain's story in a film starring Ron Howard in the title role, which follows the exciting adventures of young Huck Finn and his companion, a runaway slave named Jim, as they journey on a raft down the treacherous Mississippi River. This classic of American literature is filled with social commentary, memorable characters and timeless humor.

Bingo! Bingo! Bingo! - Friday, September 3, 1:00 - 2:30 p.m.

Want a relaxing and fun way to start your holiday weekend? Join us for an afternoon of bingo! For a mere \$1.50 for two cards, you can enjoy camaraderie and great prizes - what a deal!

CENTER CLOSED - Monday, September 6, 2004.

Have a safe and happy Labor Day holiday!



"Hafta Go!": Overactive Bladder - Tuesday, September 7, 10:30 a.m.

Overactive bladder is not a normal part of aging. It is a medical condition that affects approximately 17 million Americans. This seminar begins with a video that explains the problem. Through a booklet and discussion following the video, you'll also learn techniques to help you approach your health care professional about this delicate topic.

Screenings - Wednesday, September 8, 9:00 - 10:30 a.m.

Staff from Washington Adventist Hospital will be at the Center to do an array of medical tests including: the new VAP (Vertical Auto Profile), Lipid Profile, Homocystein, HsCRP, Glucose(fasting blood sugar), Atc, PSA, Body Fat Analysis, and Blood Pressure Screening. Pre-registration is required. Please call 1-800-542-5096 for advance registration and prices.

Trusts, Wills, and Estate Planning - Thursday, September 9, 12:45 p.m.

Jim Walsh and Steve Elville, attorneys with Walsh & Co., P.A., speak about the pros and cons of common estate planning devices. Topics covered include joint ownership, beneficiary designations, wills, powers of attorney, health care advance directives and trusts, as well as federal and Maryland taxes. Light refreshments will be served.

"I Got Some News For Them" - Friday, September 10, 1:00 p.m.



Small Wonders Unlimited presents a two-act play, written and performed by Mary Sinclair Jacobs and Shari Jackson Small. The script incorporates some scripture, original poetry, and classical/pop music, and follows a theme of misjudging others, with ad libs on life's little lessons. Come enjoy yourself and give your spirits a lift! Bingo to follow at 2:15 p.m.

Choosing Proper Footwear - Tuesday, September 14, 10:30 a.m.

Have you ever bought a pair of shoes that seem to fit in the store but when you came home they hurt? Elisa Cordoni from the NRA Regional Rehab instructs you about the how and why of choosing proper foot wear.

Strategies for Independent Living - Wednesday, September 15, 10:30 a.m.

Learn some solutions to successful aging in place, including home maintenance and creating a safe secure environment. Steve Hage, a universal design specialist from Takoma Park, MD provides tips in securing a home modification contractor.

Travelogue: River Boat/Ohio River - Friday, September 17, 11:00 a.m.

Travel through the slides of Cliff Sayre down the Ohio River on a steamboat. Visit the many sights and places in the interior of this great U.S.A.

Amazing Amy! - Friday, September 17, 1:00 p.m.

Welcome singer-guitarist Amy Lemich-McNabb on her return to the Center. Her mellow singing style will set the tone for a relaxing afternoon. Bingo to follow at 2:15 p.m.

Getting Better All the Time: Healthy Aging - Tuesday, September 21, 10:30 a.m.

Do you ever wonder if "this is normal" or is something really wrong. Should I tell my doctor or is it too trivial an issue? Listen as Barry Rosenbaum, M.D., Holy Cross Hospital Speakers Bureau, demystifies aging and talks about normal, healthy aging.



Afternoon at the Opera - Tuesday, September 21, 1:00 p.m.

Opera expert Irv Nurik presents "Werther" by Jules Massenet in a film of the opera by Peter Weigl. Goethe's tale of the deepest passion...a forbidden love, stars Brigitte Fassbaender and Peter Dvorsky. Mr. Nurik offers insightful commentary, and leads an informed discussion with handouts. All are welcome.

Preventing Identity Theft - Wednesday, September 22, 10:30 a.m.

Identity theft or identity fraud (true name fraud) is the taking of the victim's identity to obtain credit, credit cards from banks and retailers, steal money from the victim's existing accounts, apply for loans, establish accounts with utility companies, rent an apartment, file bankruptcy or obtain a job using the victim's name. Tom Rosen speaks about this subject from a lawyer's point of view. Learn how not to be a victim.

Sing, Sing, Swing! Chorale - Friday, September 24, 1:00 p.m.

Conductor Lisa Shaw--actress, performer, and multi-talented soprano--has appeared in many venues throughout the United States and Europe, including The Kennedy Center, Lincoln Center, and the Vienna Staatsoper. When Ms. Shaw is not performing, she teaches voice lessons, conducts children and adult choruses, and is the Director of Adult Programs at Levine School of Music in Kensington, Maryland. She presents a free demonstration of the type of quality music her Chorale will undertake. Bingo to follow at 2:15 p.m.



Monday at the Movies - Monday, September 27, 12:45 p.m.

Our feature presentation this month is the comedy "Out to Sea," starring Jack Lemmon and Walter Matthau. Happy-go-lucky Charlie (Matthau) goes aboard a cruise ship in search of lonely ladies with big bank accounts and tricks his widowed brother-in-law Herb (Lemmon) into joining him. The laughs come thick and fast in this film which features an all-star cast.

Fibromyalgia: What Do You Want to Know? - Tuesday, September 28. 10:30 a.m.

We will explore Fibromyalgia Syndrome (FMS), a disorder rather closely related to chronic fatigue syndrome, which is a widespread musculoskeletal pain and fatigue disorder for which the cure is still unknown. Come with your questions and find out what you can do to help the aches feel better. This seminar is presented by Adventist HealthCare.

Assisted Technology - Wednesday, September 29, 10:30 a.m.

Susan Levi from the MD Division of Rehabilitation Services gives a visual overview of technologies available to help people with all kinds of disabilities. Come see the possibilities.

SPECIAL SEPTEMBER 2004 PROGRAMS/EVENTS CONTINUED

Tips, Tricks, and Truths for Senior Dental Health - Thursday, September 30, 11:00 a.m.
Susan Polydoroff, RDH, has spent 41 years in clinical practice in dental hygiene. Her seminar includes a short presentation on useful aids in taking care of the oral cavity as well as myths about oral health conditions in the senior population.

CLASSES PAYMENT POLICY

Margaret Schweinhaut Advisory Council Class Payment and Refund Policy

Class registrations must be done in person at the staff office (checks payable to M.S.S.C.). All requests for refunds must be made in writing. Refunds requested at least three working days prior to the first class will be refunded at 100% of the fee; refunds requested less than three days prior to the first class or after the first class will be refunded at 75%; after the second class but prior to the third class, refunds will be 50% of the class fee.

After the third class, there is no refund. We do not pro-rate classes; you must pay the full amount.

CLASSES

Margaret Schweinhaut Advisory Council Sponsored Classes

Exercise Classes

Weight Training for Senior Men - Monday, 9:00 - 10:00 a.m.

10 sessions: September 13 - November 15.



This new program is sponsored by Suburban Hospital and designed especially for senior men. The class is limited to 15 participants. (An equipment fee of \$5.00 per person may be requested to help defray costs.) Instructor: Matt Rundell, ACSM Health Fitness, A.C.E. certified. Fee: Free.



Line Dancing - Monday, 10:00 a.m. - 12:00 noon

If dancing makes you happy; if you need to get some exercise but work-outs bore you; if you don't have a dance partner; then you must try this new line dancing program!

Instructors: Geraldine Doswell and Olga Fairfax. Fee: Free.

Bone Builders - Monday and Thursday, 2:00 p.m.-3:00 p.m.

Osteoporosis is a disease that affects many people. This year-long exercise class/study began in October 2003 and ends October 14, 2004. Congratulations to participants and instructors!

The Workout! - Tuesday and Thursday, 8:55 - 9:55 a.m.

12 sessions: September 21- October 28.

Pre-registration required. This is a senior cardio-strength combo! Class focuses on physical and mental conditioning designed to improve cardio-capability, strength, flexibility, and balance. A variety of fitness aids (e.g., mats, weights, balls, tubes) and class formats are employed to keep class fun and challenging! Instructor: Megan Hussmann, A.C.E., A.I.F.E. certified; C.P.R. certified. Fee: \$42.00.



Hula Lessons - Wednesday, 10:30 – 11:30 a.m.

Have fun while you exercise! Transport yourself to the islands with music as well as low impact exercise movement. Instructor: Grace Griffin. Fee: Free.

Square Dance: Beginner - Thursday, 10:10 - 11:10 a.m., 10 sessions: September 23 - December 2. (No class 11/25.) With its spins, turns, and arm and leg movements, square dancing can be as good as any other regular exercise activity and it's probably more fun! Register with Montgomery County Department of Recreation. Call 240-777-6840 for information. Instructor: Betsy Taylor. Fee: \$30.

Square Dance: Plus 1 - Thursday, 11:10 a.m. -12:10 p.m., 10 sessions: September 23 - December 2. (No class 11/25.) Register with Montgomery County Department of Recreation. Call 240-777-6840 for information. Pre-requisite: "Square Dance: Beginner" class. Instructor: Betsy Taylor. Fee: \$30.

T'ai Chi Chuan - Thursday, 10:50 - 11:50 a.m.

An ancient, slow-moving Chinese exercise designed for whole body health, T'ai Chi can improve relaxation, balance, circulation, flexibility, and breathing. This course is designed for the beginning student, but all levels are welcome. Wear comfortable clothing and tennis shoes. Instructors: Fred Nee and A. M. Carey, D.V.M., M.S. Fee: Free.



Computer Classes

Introduction to Computers - Tuesday and Thursday, 10:30 - 11:30 a.m.

8 sessions: September 14 - October 7.

This class is perfect for those who have never really used the computer. Learn how to use the mouse and keyboard. Introductory concepts are taught. Class is limited to 10 students. Instructor: Louis Mastrobattista. Fee: \$25.00.



Culture and Language Classes

"The Growth of American Culture Through the Eyes of the Individual" - Friday, 10:30 - 11:30 a.m. 5 sessions: 2nd Friday - October 2004 through February 2005.



This program, sponsored by Himmelfarb Mobile University, encompasses American studies from different individual perspectives: October 8 - Colonial life through the eyes of George Washington; November 12 - Life on a whaling ship through the eyes of a sailor and his wife; December 10 - From farm to factory, as seen through the eyes of a farm girl; January 14 - Culture in quilts, as seen through the eyes of the women who created them; and, February 11 - The Gilded Age, as seen through the eyes of Augustus Saint Gaudens, a great American sculptor. Fee: Free.

Italian Language Class - Wednesday, 1:00 - 2:30 p.m.

Explore the beauty of the spoken Italian language. Gain knowledge of the Italian language and culture. Pre-requisite: Students must have a working knowledge of the Italian language. Instructor: Adelle Lampos. Fee: Free.

Art & Craft Classes

Quilting and Hand-Sewing w/ Marion Lane – 1st and 3rd Monday, 1:00 – 3:00 p.m.



If you enjoy quilting and/or hand-sewing, please join this great group. Bring in your "work in progress" projects.

Ceramics - Tuesday and Thursday, 10:00 a.m. - 2:00 p.m.

This is an on-going class and seniors are welcome to join at any time. Learn the proper techniques to complete ceramic pieces, including cleaning, firing, staining, glazing, or painting with acrylics. Bring your own greenware or bisque pieces to the class. Limited supplies of bisque pieces are available for purchase. The class fee is \$15.00 per month.

Rug-Hooking - 1st and 3rd Wednesday, 10:00 a.m. - 12:00 noon

Have you ever wondered how those beautiful hand-crafted rugs were put together? Come for a demonstration of this wonderful art form and join this free class. All are welcome.

Art & Craft Classes Continued

Leisure Arts: Fine and Simple - Thursday, 10:00 a.m. - 2:00 p.m.

This course introduces you to activities such as painting on tile, fabric, glass, and canvas, creating seasonal and table decorations, drawing, etc. Materials fees are not included.

September 23 - "Fabric Floral Creations, Part I," w/Grace Straw. Make lovely 18" X 24" fabric wall-hangings suitable for framing. Use: your fabric or ours; Wonder Under; Steam-a-Seam II; machine or hand-stitching. Fee: \$3.00 (includes Parts I and II).

September 30 - "Fabric Floral Creations, Part II," w/Grace Straw. Finish the border and backing for those fabulous 18" X 24" fabric craft projects.



Needle Weaving w/Elaine Jaffee – 1st Thursday, 10:00 a.m. – 12:00 noon

Simple and fun! This craft uses yarn, cardboard, and a blunt needle. There is no skill necessary. Begin by creating a small drink mat and work up to a lovely wall-hanging! No fee.

The Yarners w/Doris DeNoyer – Thursday, 1:00 – 3:00 p.m.

Join the knitters and crocheters to create useful items for those in need. Yarn and buttons are always needed. Free instruction will be provided for beginners.

Brush Strokes - Friday, 9:00 a.m. - 12:00 noon

Enjoy the camaraderie of fellow painters. Bring your paints and accessories for a free three-hour workshop. No pressure; just pleasure!

Community Sponsored Classes

AARP Driver Safety Program



Monday, October 11, and Wednesday, October 13, 10:00 a.m. - 3:00 p.m.

Pre-registration is required. **Registration begins September 1.** A.A.R.P.

conducts this two-day classroom safe-driving course which concentrates on defensive driving techniques. (A one-hour lunch break is given. You may bring your own lunch or eat at the Center. Please call 301-681-1255 for lunch reservations at the Margaret Schweinhaut Senior Center.) Fee: \$10.00.

"Help For Your Hearing"

Monday, 1:30 - 3:30 p.m., 6 sessions: September 20 - October 25. Pre-registration required.

This course is presented by the University of Maryland Speech and Hearing Clinic and is offered to individuals who are experiencing problems with their hearing. Topics include information about hearing loss, hearing aids, and assistive devices. Training is provided in the following areas: managing your environment to facilitate communication; identifying and meeting your communication needs; coping with communication breakdown; and, providing an introduction to speech-reading.



Please call 301-405-4218 for more information about the course. Registration will be accepted in the staff office at the Margaret Schweinhaut Senior Center. Fee: \$40.00.

Financial Workshop

Friday, 10:00 - 11:00 a.m., 6 sessions: October 15 - November 19. Pre-registration required.

Edward Jones Company conducts this workshop for individual investors. No matter what your age, your financial situation or your goals, you need to know about the power of investing. This multi-week educational workshop is a great way to start. You'll learn how to increase investment income while reducing taxes on those investments. Topics include the stock market as well as other forms of ownership and loanership investments. Instructor: Patrick Berger. Materials fee: \$8.00 (includes an excellent binder for you to keep).

F.Y.I.

Blood Pressure Screenings - The Center offers FREE screenings each month by qualified R.N. volunteers: **1st and 3rd Tuesday, 12:15 - 1:30 p.m.**; **every Thursday, 9:00 a.m. - 2:30 p.m.**; and, **2nd Friday, 10:00 - 11:30 a.m.** (*Please note: There is no Wednesday blood pressure screening in September.*)

Prescription Drug Pricing Website - This website helps consumers save money by comparison shopping on the internet among pharmacies in their area and across the state. It lists the retail prices each pharmacy in Maryland charges for 25 of the most commonly-used prescription drugs. The address of the website is: www.oag.state.md.us. A toll-free number has also been established to help citizens with this website. The number is **1-866-298-8245**.

Senior Legal Hotline - Legal Aid Bureau, Inc., in cooperation with the Maryland Department of Aging and other agencies, offers a Maryland Senior Legal Hotline at 1-800-999-8904. The Hotline is open Monday through Friday, from 9:30 a.m. until 4:30 p.m., except Thursdays when it opens at 1:00 p.m. The purpose of the Hotline is to provide legal assistance to seniors who ordinarily do not have ready access to a lawyer. The Hotline will address any legal issues except those involving criminal cases, "fee-generating" cases, or traffic court cases.



Health Tip from Heartwell - *The reality is that a mere 100 calories a day can make the difference in weight gain or loss.* The average American gains about two pounds a year which translates into an extra 19 calories a day. Nineteen calories is easy to surpass so it's reasonable to think in terms of 100 extra calories on a daily basis. Making a change in your intake that equals 100 calories is very simple. Try water-packed tuna instead of oil-packed; one cup of whole grain cereal instead of two; tomato slices, lettuce leaves and pepper strips on a sandwich instead of mayo; a cup of low fat sugar-free yogurt instead of a doughnut. In addition to making small changes in food choices, increase activity by walking fifteen minutes a day. (Watch this space for more health tips from the Heartwell Program.)



Do You Require the Services of a Notary Public?

We have recently been contacted by a Notary Public who is willing to volunteer her services to seniors at our Center. If you would like to make an appointment, please leave your name and phone number with a staff member in the office and the Notary Public will contact you. No fee.


PRO BONO Legal Program - If you need a lawyer, but cannot afford one, you may be eligible for **free** legal help from volunteer attorneys with the PRO BONO Program of the Montgomery County, Maryland, Bar Foundation, Inc. For more information please call 301-424-7651 from 10:00 a.m. - 4:00 p.m., Monday through Friday.






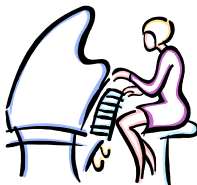

University of Maryland

Sponsors "Help For Your Hearing"

Learn: about hearing loss, new aids and devices, how to use your eyes and ears to improve your communication, & how to cope with difficult situations.

Mondays 1:30-3:30, 6 weeks starting September 20, cost \$40.

	Monday	Tuesday	Wednesday
<div> <div> September 2020 </div> </div>	<p>Each session is for <u>one</u> hour, unless otherwise stated.</p>	<p>\$Designates classes that require fees.</p>	<p>1</p> <p>Rug Hooking 10:00 -12:00 <i>Beginning Hula 10:30</i> Let's Dance 1:00 -2:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00 -3:00</p>
	<p>5</p>  <p>Labor Day Center Closed</p> <p>6</p>	<p>7</p> <p>Writer's Workshop 9:30 -11:30 \$Ceramics 10:00 -2:00 Over Active Bladder 10:30 *Blood Pressure 12:15-1:00 \$Duplicate Bridge 1:00-3:30 <i>Coping with Change 1:00</i></p> <p>MC Stroke Club 7:00</p>	<p>8</p> <p><i>Italian Culture Group 10:00</i> Beginning Hula 10:30 Adventist Screenings 9-10:30 Let's Dance 1:00 -2:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00 -3:00 <i>Italian Language 1:00 -2:30</i></p>
	<p>12</p> <p><i>Men's Weight Training 9:00</i> Line Dancing 10:00-12:00 <i>Antiques & Collectibles 10-11:30</i> <i>S.H.I.P. 10:00 -12:00</i> <i>Popeye's Bingo 10:30</i> Help for Your Hearing 1:30- 3:30 <i>Active for Life 1:00</i> Bone Builders 2:00</p> <p>13</p>	<p>14</p> <p>Writer's Workshop 9:30 -11:30 <i>M.C.Senior Services 10:30</i> \$Ceramics 10:00 -2:00 Choosing Proper Footwear 10:30 \$Intro to Computers 10:30 \$Duplicate Bridge 1:00 -3:30 *Shakespeare 1:00 -2:30 <i>Coping with Change 1:00</i> Stroke Computer Meeting 1:00</p> <p>Coin Club 7:15p</p>	<p>15</p> <p>Rug Hooking 10:00 -12:00 <i>Italian Culture Group 10:00</i> Strategies for Independent Living 10:30 <i>Beginning Hula 10:30</i> \$Let's Dance 1:00 -2:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00 -3:00 <i>Italian Language 1:00-2:30</i></p>
	<p>19</p> <p><i>Men's Weight Training 9:00</i> Line Dancing 10:00-12:00 <i>Popeye's Bingo 10:30</i> Coping w/Hearing Loss 1- 3:00 <i>Quilting & Sewing 1:00</i> Active for Life 1:00 <i>WWII/Korean War Vets 1:00</i> Help for Your Hearing 1:30- 3:30 Bone Builders 2:00</p> <p>20</p>	<p>21</p> <p>\$The Workout 8:55 Writer's Workshop 9:30 -11:30 \$Ceramics 10:00 -2:00 Healthy Aging 10:30 \$Intro to Computers 10:30 *Blood Pressure 12:15 -1:00 *Afternoon at the Opera 1:00 \$Duplicate Bridge 1:00 -3:30 Coping with Change 1:00</p>	<p>22</p> <p><i>Italian Culture Group 10:00</i> Identity Theft 10:30 <i>Beginning Hula 10:30</i> Let's Dance 1:00 -2:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00-3:00 <i>Italian Language 1:00 -2:30</i></p>
	<p>26</p> <p><i>Men's Weight training 9:00</i> Line Dancing 10:00-12:00 <i>Antiques & Collectibles 10-11:30</i> Popeye's Bingo 10:30 Movie: Out to Sea 12:45 <i>Active for Life 1:00</i> Wheaton NARFE 1:00 <i>Help for Your Hearing 1:30- 3:30</i> Bone Builders 2:00</p> <p>27</p>	<p>28</p> <p>\$The Workout 8:55 Writer's Workshop 9:30 -11:30 \$Ceramics 10:00 -2:00 Fibromyalgia 10:30 \$Intro to Computers 10:30 *Shakespeare 1:00-2:30 \$Duplicate Bridge 1:00 -3:30 Coping with Change 1:00</p> <p>Philatelic Club 7:45 pm</p>	<p>29</p> <p><i>Italian Culture Group 10:00</i> Beginning Hula 10:30 Assisted Technology 10:30 Let's Dance 1:00 -2:30 <i>Attorney, Harold Golding 1:00</i> Kaleidoscope 1:00-3:00 <i>Italian Language 1:00 -2:30</i></p>

Thursday	Friday	Saturday
<p>2</p> <p>Heartwell 9-2:30 <i>Leisure Arts 10:00 - 2:00</i> Square Dance Classes 10:10 -12:10 <i>Tai Chi 10:50</i> Needle Weaving 10-12:00 Movie: Huckleberry Finn 12:45 Yarners 1:00 - 3:00 <i>Bone Builders 2:00</i></p>	<p>3</p> <p>Brush Strokes 9:00 -12:00 <i>Karaoke Sing-Along 10:30</i> Mobile Post Office 11:30 -1:00 <i>Widowed Persons Group 1:00</i> BINGO, BINGO, BINGO! 1-2:30</p> 	<p>4</p> <p>Pool Room 10:00-2:45 <i>Cards Table Games 10:15-11:45</i> <i>Shuffle Board 10:30- 12:00</i> <i>Party Bridge 12:00-2:30</i></p> 
<p>9</p> <p>Heartwell 9-2:30 <i>Leisure Arts 10:00 - 2:00</i> Square Dance Classes 10:10 -12:10 <i>Tai Chi 10:50</i> Trusts,Wills& EstatePlanning12:45 Wheaton NARFE 1:00 <i>Yarners 1:00</i> <i>Bone Builders 2:00</i></p>	<p>10</p> <p><i>Brush Strokes 9:00 - 12:00</i> <i>Karaoke Sing-Along 10:00</i> <i>Blood Pressure Screening 10- 11:30</i> Mobile Post Office 11:30 -1:00 Play: I Got Some News...1:00 <i>Widowed Persons Group 1:00</i> <i>Bingo 2:15 -3:30</i></p>	<p>11</p> <p><i>Pool Room 10:00 -2:45</i> <i>Cards Table Games 10:15 -11:45</i> <i>Shuffle Board 10:30 - 12:00</i> <i>Party Bridge 12:00 -2:30</i></p> 
<p>16</p> <p>Heartwell 9-2:30 <i>Leisure Arts 10:00 - 2:00</i> Book Discussion 10:00 MD Deaf Seniors-10:30-4:00 \$Square Dance Argyle Bldg 10:10 <i>Tai Chi 10:50</i> <i>\$Intro to Computers 10:30</i> <i>Yarners 1:00</i> <i>Bone Builders 2:00</i></p>	<p>17</p> <p><i>Brush Strokes 9:00 - 12:00</i> <i>Karaoke Sing-Along 10:00</i> River Boating the Ohio 11:00 Mobile Post Office 11:30 -1:00 ♪Amy Lemich 1:00 <i>Widowed Persons Group 1:00</i> <i>Bingo 2:15-3:30</i></p> <p>Americana Indian Show</p>	<p>18</p> <p><i>Pool Room 10:00-2:45</i> <i>Cards Table Games 10:15 -11:45</i> <i>Shuffle Board 10:30 - 12:00</i> <i>Party Bridge 12:00 -2:30</i></p>  <p>Americana Indian Show</p>
<p>23</p> <p>\$The Workout 8:55 <i>Heartwell 9-2:30</i> <i>Leisure Arts 10:00 "FabricPaintings"</i> <i>*Book Discussion 10:00</i> \$Square Dance Classes 10:10 -12:10 \$Intro to Computers 10:30 <i>Tai Chi 10:50</i> <i>Yarners 1:00</i> <i>Bone Builders 2:00</i></p>	<p>24</p> <p>Brush Strokes 9:00 - 12:00 <i>Karaoke Sing-Along 10:00</i> Mobile Post Office 11:30 -1:00 Sing Swing Sing1:00 <i>Widowed Persons Group1:00</i> <i>Bingo 2:15-3:30</i></p>	<p>25</p> <p><i>Pool Room 10:00 -2:45</i> <i>Cards Table Games 10:15 -11:45</i> <i>Shuffle Board 10:30 - 12:00</i> <i>Party Bridge 12:00 -2:30</i></p> 
<p>30</p> <p>\$The Workout 8:55 <i>Heartwell 9-2:30</i> <i>Leisure Arts 10:00 - "Fabric Paintings"</i> <i>Book Discussion 10:00</i> \$Square Dance Classes 10:10 -12:10 \$Intro to Computers 10:30 <i>Tai Chi 10:50</i> Trips, Tricks and Truths of Dental Hygiene 11:00 <i>Yarners 1:00</i> <i>Bone Builders 2:00</i></p>	<p>October 1</p> <p>Brush Strokes 9:00 - 12:00 <i>Karaoke Sing-Along 10:30</i> Mobile Post Office 11:30 -1:00 ♪Karen Devitt 1:00 <i>Widowed Persons Group 1:00</i> <i>Bingo 2:15-3:30</i></p> 	<p>October 2</p> <p><i>Pool Room 10:00 -2:45</i> <i>Cards Table Games 10:15 -11:45</i> <i>Shuffle Board 10:30 - 12:00</i> <i>Party Bridge 12:00 -2:30</i></p> 

LUNCH

LUNCH IS SERVED MONDAY THROUGH FRIDAY AT 12:00 NOON. Please make your reservations for bus and/or lunch at the Margaret Schweinhaut Senior Center at least one day in advance with the Nutrition Site Manager. Please call the Center at **301-681-1255** to cancel either the bus and/or lunch reservations before 12:00 noon the day before. **The full cost of the meal is \$4.05.** For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. Guests under age 60 must pay full cost. Please contribute as much as you can. Remember that contributions are used to purchase meals.

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 - Tomato Soup & Turkey Salad	2 - Breaded Scrod	3 - Barbecued Chicken
6 - Center closed (Labor Day holiday)	7 - Broccoli Soup & Tuna Salad	8 - Chicken Parmesan	9 - Vegetarian Lasagna	10 - Turkey Chow Mein
13 - Lentil Soup & Cottage Cheese with Peaches	14 - Chili Con Carne with Beans and Rice	15 - Turkey Tetrazzini	16 - Herb-Baked Chicken	17 - Box lunch (Tuna Salad)
20 - Turkey Divan	21 - Chicken Cacciatore	22 - Spinach- Rice-Cheese Casserole	23 - Vegetable Soup & Tuna Salad	24 - Roast Beef with Gravy
27 - Lentil-Rice- Tomato Casserole	28 - Breaded Scrod	29 - Beef Tips with Gravy	30 - Chicken Country Captain	

Community Organizations Meeting at the Center

- Montgomery County Stroke Club (& Support Group) – 9/7, 7:00 p.m.
- Wheaton NARFE (#1887) - 9/9, 1:00 p.m.
- Montgomery County Coin Club – 9/14, 7:15 p.m.
- MD Deaf Senior Citizens - 9/16, 10:30 a.m. (MSSC main bldg.)
- WWII/Korean Veterans Meeting - 9/20, 1:00 p.m.
- Silver Spring NARFE (#260) - 9/27, 1:00 p.m.
- Silver Spring Philatelic Society (Stamp Club) – 9/28, 7:45 p.m.

Staff at the Margaret Schweinhaut Senior Center

Director, Betty Timer; Office Staff: Eileen Magee, Lynne Staines, Yvonne Stone, Jun Li;
Nutrition Staff: MaryEllen Newman, Estelle Donin; Nutrition Server: Ruth Roundy;
Arts and Crafts: Ann Philbin; Senior Aid: (vacant); Porter: Luis Rivera.

This publication is sponsored by Holiday Park Seniors, Inc.

ON-GOING PROGRAM/ACTIVITIES

SHIP/Senior Health Insurance Assistance Program – 2nd Monday, 10:00 a.m. - 12:00 noon
Ms. Chris Ledley, our representative from the Senior Health Insurance Assistance Program (SHIP), will be available for one-on-one counseling on Medicare, Medigap, long-term care insurance, managed care, HMO's, and, claims and appeals. For more information, call 301-590-2819; or, check the website at www.medicarehelp.org.

Antiques and Collectibles w/Lou Ungar – 2nd and 4th Monday, 10:00 – 11:30 a.m.
"Inquiring minds want to know" and this group really wants to know the history, value, etc. of all varieties of antiques and collectibles. Bring along items to discuss or just sit back and observe. Everyone is invited to attend.

September 13 - Plastic and composition items; corkscrews and bottle openers.

September 27 - Clocks, watches, and other timekeeping items; small boxes.

Popeyes Bingo- SENIORS ONLY – Monday, 10:30 – 11:30 a.m.

The Margaret Schweinhaut Senior Center has become the place for all Bingo lovers to gather on Monday mornings! Prizes are gift certificates of variable amounts for food items from Popeyes at 12102 Georgia Avenue. Our sincere thanks to Dina Zuniga, General Manager.

WWII/Korean War Veterans Discussion Group – 3rd Monday, 1:00 – 2:30 p.m.

The group meets on September 20 with guest speaker Jim Mulquin, who discusses the role of Essex-Class Aircraft Carriers in World War II as well as their service in Korea, 1950-51. Mr. Mulquin, one of the group's regular members, is a 3rd generation Washingtonian, a graduate of the Armed Forces Industrial College, a former active-duty naval officer, and holds an M.B.A. from George Washington University. All are welcome. Moderator: Donald McKee.



Writer's Workshop w/Irene Paymer – Tuesday, 9:30 – 11:30 a.m.

Please join us to write, share, and/or simply listen to original short stories and poetry.

Senior Services in Montgomery County - 2nd Tuesday, 10:30 - 11:30 a.m.



Anita Joseph, Information and Assistance specialist with the Montgomery County Department of Health and Human Services, is available by appointment (240-777-3000) or, in person at the Center on the 1st of each month,. Ms. Joseph shares information about services, assists in obtaining services and benefits, and provides education about offerings available to seniors in Montgomery County.

Brush Up Your Shakespeare w/Carol Sokolski, Ph.D. – 2nd and 4th Tuesday, 1:00 – 2:30 p.m.

"Shakespeare's Scoundrels: Wicked Ways In The Plays." Rogues, rascals, and full-fledged villains make up a multitude of memorable characters in the comedies, tragedies, and histories of the Bard. On September 14 and September 28, we examine the persons we love to hate, with discussion, readings, and film clips. Particular plays will be addressed in upcoming classes. Please join this articulate and well-read group--your brain will love you for it!

Duplicate Bridge w/Bill Hardgrave – Tuesday, 1:00 – 3:30 p.m.

Open to all players. ACBL sanctioned. Partnerships are not guaranteed. Fee: \$3.00.

Coping with Change - Tuesday, 1:00 p.m.



As we age there are many things that change around us and in us. Adapting to this is at best challenging. Join a guided open discussion that shares personal experiences of the aging process. Please join Stephanie Svec of the Affiliated Sante' Group. She is an experienced group leader and an exceptionally good listener.

Mr. Harold Golding, Attorney-at-Law (retired) _Wednesday, 1:00 p.m.

FREE legal advice to any and all seniors who desire it. Mr. Golding will help you draw up a will, answer your legal questions, and refer you to other experts should you need them. Call the Center for more information.



Kaleidoscope (Discussion Group) w/ Bernie Edelman – Wednesday, 1:00 – 3:00 p.m.

This group discusses important national and international current events. Everyone is welcome to join this knowledgeable group to either share your thoughts or just listen.

Let's Dance! – Wednesday, 1:00 – 2:30 p.m.

Join us for our free weekly dance party! You'll enjoy the recorded music of the Big Bands and other favorites. Come, listen to the music, tap your feet, watch the dancers, or join them!

Heartwell - Thursdays, 9:00 a.m. - 2:30 p.m.

Registered nurse Jamie Borns from Suburban Hospital provides free consultation and monitoring of chronic disease management. To access services you must be at least 65 years old; have a primary-care physician; have a diagnosis of cardiovascular disease; consent to allow the nurse to share information with your physician; and, agree to inform the nurse when you are hospitalized.

Book Discussion Group w/Brenda Rosa – 3rd Thursday, 10:00 – 11:00 a.m.



The first book for discussion this fall is The Dubliners by James Joyce, a volume of short stories focusing on life in Dublin, Ireland. The stories follow a pattern of childhood, adolescence, maturity and public life, culminating with the longest story, "The Dead." (Of interest is that 2004 is the centennial of what is now known as "Bloomsday"--events which took place in Dublin on June 16, 1904 in Joyce's novel Ulysses.) The discussion takes place September 23, which is the 4th Thursday, and is led by Carol Sokolski, Ph.D. Dr. Sokolski was in Ireland this summer for the "Bloomsday" centennial and shares her experiences and some wonderful photographs. Join us!

Karaoke Sing-Along – Friday, 10:00 – 11:00 a.m.

You've heard the expression "follow the bouncing ball;" now, meet the latest version and join this fun group of seniors for a low-key, sing-along. You'll hear all your favorites from yesteryear and, even better, you'll be able to see the words on our big-screen television while the music plays along. Come join us!



Bereaved Spouses' Support Group - Friday, 1:00 - 2:00 p.m.

Co-sponsored by the Widowed Persons Service this group provides support and understanding for people who have lost their spouse in the last two (2) years. You are encouraged to attend these weekly meetings. Pre-registration is required. For more information, or to register, please call the group's facilitator at 301-949-7398.

SATURDAY ACTIVITIES

Pool Room - 10:00 a.m. - 2:45 p.m. The Center has six full sized tables for your use. Both men and women are encouraged to try their hand at this growing sport. While there is no charge for the use of the tables, contributions are accepted to maintain the tables and cues. (The Pool Room is also available Monday - Friday, 9:00 am - 4:00 pm.)

Card Room - 10:15 - 11:45 a.m. The Card Room is open for all card and table games.

Bocce (Italian Lawn Bowling) - 10:15 a.m. - 2:30 p.m. Enjoy Bocce on our two covered outdoor courts. See staff for equipment. (Also available Monday - Friday, 9:00 am - 4:00 p.m.)

Shuffleboard - 10:30 a.m. - 12:00 noon. As this activity grows, more and more individuals are finding shuffleboard to be challenging and an interesting way to exercise. Enjoy a morning with friends on our two indoor courts. New players are always welcome.

Party Bridge - 12:00 noon - 2:30 p.m. Bridge with a different twist - Party Bridge is a perfect way to meet people with whom you share a common interest. Unlike social bridge, in Party Bridge you play a pre-determined number of hands, then rotate to a new partner. Everyone keeps their own score and the high scores are posted. Players are seated as they arrive; partners wishing to play the first "round" together must arrive together. Games start promptly at 12:00 p.m. In fairness to all the bridge players, please plan on staying until the end of **all** the games. Facilitator: (Volunteer needed.)



STAFF NOTES

Transportation to Margaret Schweinhaut Senior Center

A Ride-On bus ride to and from the Center is available in the neighborhood on Mondays, Tuesdays, and Fridays. For more information call 301-681-1255.

Forest Glen Angles

If you would like a copy of the monthly newsletter mailed to your home, please leave business-sized, self-addressed, stamped envelopes at the staff office. Postage is \$.60 per newsletter.

Volunteers Needed

There are a many good people that would love to hear you greet them each day. Come help us at the front desk or the kitchen! Interested? See Betty Timer, the director.

Reduced Metro Fares for Seniors

If you are 65 years of age or older and a resident in the D.C. Metropolitan Area, you are eligible to pay reduced fares on the Metro transportation systems. To obtain your I.D. card (the new one is copper-color), stop by the staff office and complete the form, Application for Senior Citizen Reduced Fare. You must bring a photo I.D. that includes proof of age. We will then mail the completed form to Metro, who will mail your new card directly to you.

Upcoming October 2004 Events

Friday, October 1 - Dried arrangements with Grace Coward, 10:00 a.m.

Friday, October 1 - Musical entertainment by Karen Devitt, 1:00 p.m.

Monday, October 4 - Musical entertainment by Dale Jarrett, 1:00 p.m.

Tuesday, October 5 - Health seminar on arthritis presented by Dr. Roth, 10:30 a.m.

Friday, October 8 - Himmelfarb Mobile University presents the first of a free, five-part series on the growth of American culture through the eyes of the individual: "Colonial life through the eyes of George Washington," 10:30 a.m. in the Card Room.

Friday, October 8 - MSSC's Anniversary Celebration, featuring light refreshments and a "PianoFest" featuring local artists, 1:00 - 2:30 p.m.

Tuesday, October 12 - Dentistry presented by Stephen Friedman, D.D.S., 10:30 a.m.

Thursday, October 14 "Hand-weaving and hand-dyeing," with Janet Stollnitz, 10:00 a.m.

Friday, October 15 - First of a six-part Financial Workshop geared for the individual investor conducted by Edward Jones (materials fee is \$8.00), 10:00 a.m..

Friday, October 15 - Musical entertainment by Day Mazur ("Banjer Dan"), 1:00 p.m.

Tuesday, October 19 - Health seminar on "Interaction of Drugs and Food," 10:30 a.m.

Thursday, October 21 - LAW DAY at Holiday Park Senior Center.

Friday, October 22 - The Senior's Theatre presents the one-woman show "A Life of My Own: Meeting Eleanor Roosevelt," written by Steve LaRocque and starring Linda Kenyon, 1:00 p.m.

Sunday, October 24 - Free concert by the Concert Band of America, 2:30 p.m.

Tuesday, October 26 - Depression seminar presented by Adventist HealthCare, 10:30 a.m.

Thursday, October 28 - 4th Annual BRIDGE MANIA to support Holy Cross Hospital Medical Adult Day Center's Robert J. Grossman Scholarship Fund, 11:00 a.m. - 4:00 p.m.

Friday, October 29 - Early Detection Healthcare screenings, by appointment.

Friday, October 29 - Special Halloween events including a "brown bag" costume contest and entertainment by Anna Pappas and The Class Act, 1:00 p.m.

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